

Active Living Timetable

Institute Of Sport And Exercise

Accurate as of 30/07/2024

Times for Monday 5 August



Time	Session	Facility	Instructor
09:30 - 10:30	Circuit	Studio 1	Hazel
10:05 - 10:50	Aqua Exercise	Swimming Pool	John R
10:30 - 11:30	Pickleball	Sports Hall 2	No Teacher
10:45 - 11:45	Chair Yoga	Studio 2	Delia